

JAX AIR NEWS

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March 29, 2001

Cook relieves Sinnett as VP-45 Skipper tomorrow

By Rick Crews

NAS Jacksonville Public Affairs

Cmdr. Hugh H. Cook will relieve Cmdr. Dennis J. Sinnett as Commanding Officer of Patrol Squadron 45 (VP) 45 at 10 a.m. tomorrow. The Change of Command ceremony will be conducted at Hangar 1000 aboard NAS Jacksonville.

Cook is a native of Elkins, West Va. He has a bachelor's degree from Southern Illinois University and a Masters in Business Administration from the University of North Florida. He received his commission upon graduation of Aviation Officers Candidate School, Pensacola, Fla., in October 1982. Following Flight Training at Training Squadron (VT) 10 in Pensacola and navigation training in Sacramento, Calif., he was designated a Naval Flight Officer (NFO) in September 1983.

Upon completion of Fleet Replacement Squadron (FRS) training with Patrol Squadron (VP) 30, Cook



Cmdr. Hugh H. Cook



Cmdr. Dennis J. Sinnett

joined VP-10 in June 1984. With the "Red Lancers," he completed deployments to Naval Air Station Bermuda, Naval Air Station Keflavik, Iceland and a split-site deployment to Rota, Spain and Lajes, Azores. During his tour with VP-10, he served as Avionics Branch Of-

ficer, Command Security Manager, NFO Training Officer and Readiness Officer.

In November 1987, Cook reported for duty to the Joint Staff, J8 Washington, D.C. As a Joint Staff intern, he served as an Action Officer in the Force Development Division. In November 1988, he reported to the Washington Navy Yard, Washington, D.C. where he served as the Flag Aide to the Naval Inspector General. In January 1990, Cook was accepted in the Advanced Education Program. He received his MBA at the University of North Florida and a subspecialty in Procurement and Acquisition in August 1991. In September 1991, Cook reported for duty onboard the USS Saratoga (CV 60) based at Naval Station, Mayport, Fla., where he was assigned as Catapult and Arresting Gear Officer and V-2 Division Officer. While attached to Saratoga, he participated in two work-ups, multiple fleet exercises and a Mediterranean deployment.

See Change of Command, page 4

VP-45 receives Golden Wrench Award and Capt. Arnold Jay Isbell nomination

By L.t.j.g. Chris Artis

VP-45 Assistant PAO

It is fairly common for an organization to be recognized for excelling at one particular event or in one performance category. However, when an organization demonstrates an ability to consistently excel in all fields of service, people notice.

One squadron that has continually performed at such an exceptional level is Patrol Squadron (VP) 45. For their impeccable performance in the year 2000, VP-45 has been awarded the coveted Golden Wrench Award for Aircraft Maintenance Excellence and is the Commander Naval Air Force, Atlantic (ComNavAirLant) nominee for the

Captain Arnold Jay Isbell Award for ASW Excellence.

The Golden Wrench Award for Aircraft Maintenance Excellence is awarded annually to the Maritime Patrol Squadron that logged the most flight hours while avoiding fewer down times, demonstrating maintenance ingenuity and experiencing no ground safety mishaps. VP-45 met all mission tasking head-on in the year 2000 while simultaneously achieving the aforementioned at a record-setting pace. This unparalleled success was due to the dedicated "Pelican" maintenance team whose efforts kept the "Pelican" aircrews flying over their targets.

See VP-45, page 4



Photo by JO3 Jackey Bratt

The Cardio-Kickboxing Class is just one of the many programs NAS Jacksonville's Fitness Source offers to help you work your way to better health. The Cardio-Kickboxing Class promotes a whole-body workout that not only gets the heart pumping, but also tones the muscles in your body. For more on Fitness Source work-out programs see page 23.

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Meet a Sailor... TM2 Charlene J. Rager



Job title/command: Torpedoman, Weapons

Hometown: Brainerd, Minn.

Past duty stations: USS Emory S. Land, Navimag LLL, Hawaii

Family life: One cat, Emotapt

Career plans: Reenlist and change rate to IT.

Most interesting experience: "Attending MK540 "C" School"

Words of Wisdom: "Acquire as much quality education available to you."

Meet a Civilian... William D Walsh



Job title: Munitions handler

Hometown: Warren, Mich.

Past duty stations: NAS Cecil Field, Fla.

Family life: Wife, Lisa; sons, Carl and Tommy

Career plans: Retirement

Most interesting experiences: "Time spent in the Navy as an aviation ordnanceman."

Words of Wisdom: "Take care of those who work for you because they are ultimately responsible for your success."



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JAX AIR NEWS

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Fleet Market submission is noon Monday. Questions

Special Olympics grateful to volunteers, event coordinators still seeking trophies

The sponsors of this year's Special Olympics send a special THANK YOU to all who have volunteered to be Buddies and Event Volunteers at Saturday's Special Olympics aboard NAS Jacksonville.

Volunteer turnout has been great!

What is still needed, however, are old trophies for recycling!

If you have any old trophies collecting dust somewhere that you would like to see make a special athlete happy, you can drop them off at the Station Gym on Gillis Street, Building. 614. Call 542-3239 for more information.

Or, you can bring them to Rick Crews, in the PAO Office in Bldg. 1, and he will get them to the Station Gym.

Are you thinking about being a volunteer next year? Why not just come out this Saturday and watch and cheer on the athletes — get a feel for the whole thing!

The opening ceremony is at 10 a.m.

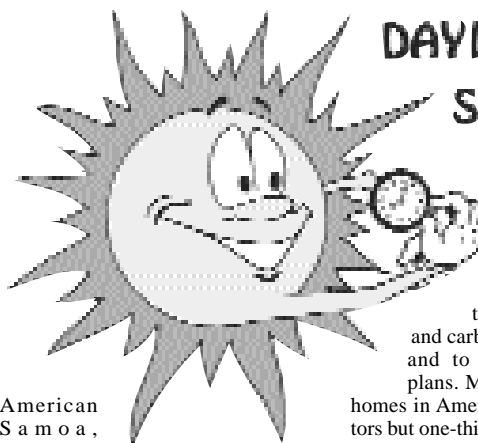


'The times they are a changing'

Daylight Savings Time begins Sunday, April 1, in most of the United States at 2 a.m. and runs through the last Sunday in October. Daylight Savings Time, for the U.S. and its territories, is not observed in Hawaii,

hour, effectively, moving an hour of daylight from the morning to the evening.

In addition to turning your clocks forward, fire departments across the nation advise citizens to use this event



DAYLIGHT SAVINGS TIME

American Samoa, Guam, Puerto Rico, the Virgin Islands, the Easter Time Zone portion of the State of Indiana, and the state of Arizona (not the Navajo reservation, which does observe). During Daylight Savings Time clocks are turned forward an

as an opportune time to replace batteries and conduct tests on smoke detectors and carbon monoxide detectors and to review home escape plans. More than 90 percent of homes in America have smoke detectors but one-third are estimated to have worn-out or missing batteries. Fully operational household fire detectors significantly improve residents' chances of surviving home fires.

Monday, April 2, also marks a much-anticipated fashion change for Navy personnel, the annual change of uniforms to summer whites.

or comments can be directed to the editor. The *Jax Air News* can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the *Jax Air News*, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

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Volunteers key to Navy-Marine Corps Relief Society

By JO2 (SCW) Eric Clay
Staff writer

Compassionate volunteers started the Navy-Marine Corps Relief Society (NMCRS) in 1904 and today volunteers comprise more than 80 percent of the Society's workforce.

These volunteers are crucial to the NMCRS vision of ensuring that all available resources are used to assist personnel of the Naval Services - active, retired and their eligible family members - achieve financial self-sufficiency and find solutions to emergency needs.

Most of those who volunteer with the Society are spouses of active duty personnel or retirees.

Of course, there are many reasons why volunteers enjoy working with the Society. They perform meaningful and important work, they are decision-makers and they are able to help service members and their families in need.

NMCRS Chairman of Volunteers Nancy Stephenson explained her motivation for volunteering. "Working at NMCRS makes me feel good and it gives me a break from my three kids," she said.

Nicole Velez echoed that sentiment saying, "Volunteering makes me happy. We're helping people that

need us."

Dick Maney a volunteer who has amassed 12,000 hours of volunteer time within a 15-year period said, "I feel I accomplished something helping a lot of Sailors and Marines."

The Society does what it can to make volunteering easy. For instance, it pays for childcare and reimburses for mileage.

Volunteers are provided professional management, training and resources to carry out the Society's mission. They operate at all levels of the organization, serving on boards, providing direct services and administrative support and managing programs.

Volunteers and employees are co-equal members of the NMCRS staff. The volunteer team receives equal training, supervision and recognition. All volunteers are held to the same standards. NMCRS accepts volunteers from all sources and enjoys the benefits of their diversity. The society and volunteers have a responsibility to meet mutual expectations.

Volunteers are greatly appreciated and are routinely publicly recognized for their contributions. For instance, on March 23, the chain of command of Patrol Squadron (VP) 5 rewarded the Society volunteers by giving them a luncheon.

Cmdr. Tim Boothe the commanding officer of VP-5 said, "The volunteers are as much a part of VP-5 as anyone of my Sailors; without them it would be difficult to keep our Sailors' minds on their work during troubled times." Rear Adm. Jan Gaudio, commander, Navy Region Southeast, also plans to recognize the valuable contributions of NMCRS volunteers, hosting them at his house April 27.

In the year 2000, the total number of cases handled by



Dick Maney (Sarge) adds to his 12,000 hours of volunteer time at NMCRS.

NMCRS volunteers in Jacksonville, Guantanamo Bay, Cuba and Key West, Fla. totaled 2,773.

The number of cases worldwide was 90,000. The total number of volunteers for Jacksonville, Gitmo, and Key West was 60. More volunteers are greatly needed to successfully take care of all the cases according to Retired Navy Capt. David D. Faraldo.

He said, "Every command has someone that can benefit by serving as an NMCRS volunteer; we need your help in finding those who are capable and willing to serve."

To become an NMCRS volunteer call Stephenson at 542-3515.



Nicole Velez hard at work supporting Sailors in need.

Nancy Stephenson planning the schedule for volunteers

Household Hazardous Waste Amnesty Day is Saturday

By AMH1 Rick Boswell

Do you have old paints, yard and pool maintenance chemicals in your garage that are expired or no longer needed? How about used oil, old anti-freeze, gasoline or kerosene to dispose of? Do you have a mercury thermometer, thermostat, lead sinkers or old ammunition with lead that you want to get rid of? Leftover household products that contain corrosive, toxic, ignitable or reactive ingredients are considered to be "household hazardous waste," (HHW). Improper disposal of HHW can include pouring them down the drain, on the ground,

into storm sewers, or in some cases, putting them in the trash. The dangers of improperly disposing of these items may not be immediately obvious, but they can pollute the environment and pose a threat to human health.

NAS Jacksonville's Facilities Department and the Armed Forces Reserve Center will co-sponsor a Mobile Household Hazardous Waste Collection with the City of Jacksonville on Saturday, March 31. The event is part of a City of Jacksonville event known as "Amnesty Day." During this event, you may drop off your HHW from 8:30 a.m. until 3 p.m. at the Northeast Corner of the Armed Forces Reserve

Center by the NAS Jax Birmingham Gate at Highway 17 (Roosevelt Highway).

All Duval County residents are encouraged to participate in this collection event. Business hazardous waste will not be handled as it is governed by specific state and federal environmental regulations and requires prior arrangements with the City Hazardous Waste Facility.

An alternate place to deliver your HHW is at the City Household Hazardous Waste Facility (HHWF), 2675 Commonwealth Avenue. Call 387-8847 for information.

Participants in the "Amnesty Day"

are asked to use caution in packing and transporting chemicals with fragile containers. Leaky containers should be re-packed or contained in a leak proof bag to prevent damage to the vehicle. Items that will not be accepted include biomedical waste, explosives and old tires. Do not mix chemicals. Be careful and be safe.

For information call Bayani Diodino at 665-4482, Steve Waterman at 387-8847 or Petty Officer First class Boswell at 542-2717, ext. 134.

Free drop-off is offered for Duval County residents only. Clay County residents should call (904) 269-6374/284-6374.

Change of Command: New 'Pelican' Skipper

Continued from page 1

In January 1994, Cook reported for temporary duty to Commander Patrol Wing Eleven, where he worked as Watch Officer and VP Liaison Officer to Commander, Air Operations Center (CAOC), Vicenza, Italy. In February 1995, Cook reported to VP-45. While attached to the "Pelicans" he made deployments to Roosevelt Roads, Puerto Rico and Sigonella, Sicily and served as Safety/NATOPS Department Head, Tactics Officer, Operations Officer and CTG Operations Officer.

In January 1997, Cook reported for duty at United States Atlantic Command (USACOM), now Joint Forces Command, as Chief of the Joint C4ISR Modernization and Interoperability Branch J6. He is authorized to wear the Joint Meritorious Service Medal, Joint Commendation Medal, Navy Commendation Medal (2) and various unit, service and campaign awards. He reported to VP-45 in March 2000 as the Executive Officer.

He is married to the former Elizabeth L. VanBenthuyzen of Brookfield, Conn., and has two daughters, Kristen and Stacy.

Sinnett is a native of Annapolis, Md., and graduated from the U.S. Naval Academy in May 1982, where he received his commission. Following flight training at VT-2 in Milton, Fla. and VT-31 in Corpus Christi, Texas, he was designated a Naval Aviator in March 1984.

Upon completion of the FRS training with VP-30, Commander Sinnett joined VP-10 in September 1984. While attached to the "Red Lancers," he completed deployments to Naval Air Station Bermuda, Naval Air Station Keflavik, Iceland, and a split-site deployment to Rota, Spain, and Lajes, Azores. During his tour with VP-10, he served as Corrosion Control Branch Officer, Quality Assurance Division Officer, Nuclear Weapons Training Officer, and Flight Officer.

In May 1988, Sinnett reported for duty to Air Test and Evaluation Squadron (VX) 1, Naval Air Station Patuxent River, Md., where he served as Quality Assurance Division Officer,

Assistant Maintenance Officer and Operational Test Director for various P-3C and H-60 projects.

In August 1990, Sinnett reported for duty onboard the USS Saratoga (CV 60) based at Naval Station Mayport, Fla., where he was assigned as Catapult and Arresting Gear Officer and V-2 Division Officer. While attached to Saratoga, he participated in several fleet exercises, two Mediterranean deployments, Desert Shield and Desert Storm.

In September 1992, Sinnett reported for temporary duty on the staff of Commander Patrol Wing Eleven, where he worked as Watch Officer and Assistant Operations Officer. In November 1993, Commander Sinnett reported to VP-46 for his Department Head tour. While assigned to the "Grey Knights," he made deployments to Misawa, Japan and Diego Garcia, B.I.O.T. During his tour, he served as Safety/NATOPS Department Head, Aircraft Maintenance Officer and Operations Officer. While attached to VP-46, he was selected as the Association of Naval Aviation's Pacific Fleet

Maritime Patrol Aviator of the Year.

In September 1995, Sinnett reported for duty at Commander Patrol Wing Eleven, where he served as Maintenance Officer and Operations Officer. In March 1999, Sinnett reported to VP-45 as the Executive Officer and in March 2000 became the Commanding Officer.

He is authorized to wear the Meritorious Service Medal, Navy Commendation Medal (Gold Star in lieu of Fifth Award) and the Navy Achievement Medal, as well as various other unit, service and campaign decorations.

He is married to the former Suzanne M. Biess of Annapolis, Md., and has two daughters, Lindsey and Samantha. Cmdr. Brian Helmer, a native of Billings, Mont., will become the Executive Officer of VP-45.

VP-45 returned from a six-month deployment to Naval Air Station Sigonella, Italy in February. While deployed VP-45 supported peace and democracy in the highly volatile Balkans following the democratic elections in the Former Republic of Yugoslavia. The squadron provided critical intelligence, surveillance and reconnaissance of the region in support of the U.S. Naval presence in the Adriatic.

VP-45: 'Pelicans' get 'Golden Wrench' Award

Continued from page 1

the maintenance department engineered some innovative designs for the Pioneer transmitter system and AIMS infrared detection system that contributed directly to VP-45's ability to accomplish an array of missions in the Mediterranean. These inventions simultaneously saved the squadron an estimated \$2.6 million in costly equipment repairs.

The Captain Arnold Jay Isbell Award is

given to the Maritime Patrol Squadron that best demonstrated an overall performance inclusive of those accomplishments required for The Golden Wrench Award for Maintenance Excellence as well as for tactical superiority and ASW excellence.

VP-45's track record has been very impressive. To date, the squadron has logged more than 216,000 mishap-free flight hours during the past 31 years.

Most recently, while deployed in the

Mediterranean, VP-45 flew 336 continuous armed operations carrying over 373,000 pounds of live ordnance in support of a Sixth Fleet Adriatic Contingency.

They participated in 18 multi-national exercises while simultaneously employing Avionics Improvement Program (AIP) equipped aircraft in overland operations.

The squadron's success on these overland operations validated the theater-spe-

cific AIP training program developed and implemented by the squadron prior to their deployment.

Finally, recognizing the importance of Battle Group integration for Maritime Patrol and Reconnaissance Aviation, VP-45 seized every opportunity to work with the USS Dwight D. Eisenhower, USS George Washington and USS Harry S. Truman Battle Groups.

The squadron's unprecedented level of integration with these Battle Groups was proven during real world contingency operations in the Mediterranean.

VP-45's selection for the 2000 Golden Wrench Award and ComNavAirLant Captain Arnold Jay Isbell nomination has demonstrated a performance level that is unsurpassed in every measurable category of operational excellence.

Congratulations to the men and women of VP-45 who have dedicated so much of themselves to make their squadron the best of the best. "Pelican Pride!"

All hands invited to recall Midway Battle at banquet

Plans are underway for this year's Battle of Midway commemoration dinner to be held Friday, June 1 at the Radisson Riverwalk Hotel on Jacksonville's southbank.

The Battle of Midway, which took place June 4 through 7, 1942, has been called the most important sea battle of the 20th century. It has been described by military leaders and historians as the turning point of World War II in the Pacific. The defeat of the much larger Japanese fleet at Midway by a numerically smaller U.S. force was a blow from which the Japanese Navy never recovered.

The purpose of the Midway celebration is to ensure that these acts of courage and spirit are not forgotten, and offer all hands the unique opportunity to meet and talk with true heroes of this historic battle.

The guest speaker will be Rev. John J. Morrett, a survivor of the World War II Bataan "Death March" and sinking of the Japanese freighter Shinyo Maru, which was sunk while transporting American and other nations' POW's to Japan. He endured four Japanese prison camps and finally escaped from a prison ship in September 1944. At present, he is Interim Vicar of St. Augustine's Church, Kapaau, Hawaii.

World War II Navy dive bomber pilot Richard "Dick" Best will be a special guest of honor. About 30 additional survivors of the Battle of Midway will



also attend. The evening promises to be an emotional and patriotic event that will allow attendees time to pause and reflect on our proud Naval heritage and to speak with actual participants.

Other plans include an historical program and displays, music by the Navy Band Southeast, a superb meal and dancing. Cocktails begin at 6:30 p.m., dinner at 7:30 p.m.

Ticket costs for active duty personnel are as follows: E-6 and below, \$15; E-7 to O-4, \$30; and O-5 and above, including civilians and retirees, \$40. There is no cost for veterans of the Battle of Midway and their spouses.

Tickets go on sale April 6, and may be purchased from the following installation locations: NAS Jacksonville, Office of the Command Master Chief, YN2(AW) Dave Scholz at 542-2934/4545; NS Mayport, Lt. Tony Boyter at 270-7354 Ext. 113, or Lt. Tim Morton at 270-6581; and NSB Kings Bay, Lt. Suzette Maffett at (912) 673-2617 or CWO3 Andrew Pickens at (912) 673-2001 Ext. 4643.

Uniform will be:

O4 and above

Dinner Dress White Jacket

O3 and below

Dinner Dress White/Dinner Dress White

Jacket Optional, Covers are not required.

Civilian: Black tie or business attire

This celebration will give all attendees time to pause and reflect upon this important event in Naval history, as well as a unique chance to talk to some of the actual participants.

Commander, Navy Region Southeast reinventing the Reinvention Laboratory

By Paul Jones

*CNRSE Resource Management
Operations Center*

Drawdown, rightsizing, reinventing government, regionalization, doing more with less. We've all heard the buzzwords. Saving money and trying to get the government to work smoother, simpler and more efficiently is not a new concept to any of us. Indeed, the initiatives to do so have been around for many years. The scholars among us can debate the degree of each one's relative success, or lack thereof, for hours upon hours without a satisfactory determination by anyone.

The fact of the matter is, however, the concept of making government work smarter and more economically has not and will not go away any time soon.

Think of it this way: How many of us have been in a situation where we seriously questioned what we were doing and why we were doing it? Perhaps we felt frustrated by a seemingly repetitive or redundant task. Multiple levels of regulatory bureaucracy may stand in between us and the swift completion of our appointed rounds.

Why DOES that hammer cost so much, anyway? How often have we simply thrown up our hands and said: "If only someone would ask ME, I could suggest a much better way to do it." However, on a larger governmental scale, answering the question: "How best do we go about finding simple and viable alternatives to these situations?" has not proved to be quite as easy as it sounds.

In 1993, under the auspices of the National Performance Review (NPR) and the Defense Performance Review (DPR), the concept of Reinvention Laboratories (RLs) was created. The RL, strove to promote change, innovation and testing of new ideas by removing barriers that inhibited productivity.

Focusing on four guiding principles, the RL, attempted to cut back to basics, put customers first, cut red tape and empower employees to get results. Early emphasis was placed on soliciting instructional waiver requests to eliminate unneeded or burdensome requirements. Many such waivers were subsequently implemented by the Commander, Navy Region Southeast's Reinvention Lab, begun in August 1995 as the Navy's

first RL, with a multi-based scope.

The world and the way we do business in it, has changed drastically since 1993! We need look no further than recent explosions in the arena of information technology, email and the Internet to see this.

At CNRSE, we are striving to find new ways to adapt the Reinvention Lab concept to the rapidly changing world. We want to make it faster and easier for everyone in government, regardless of rank or rate, to impart their ideas on how to make things run smoother for everyone. We are exploring ways to automate questionnaires and decision-making flow charts online designed to help identify areas in need of reinvention. A type of "e-suggestion box," if you will. Any and all reasonable and specific suggestions or ideas would be carefully considered for implementation.

A link to further information about the Reinvention Laboratory, and also the online waiver request submission form, is now available on the CNRSE Intranet homepage. Plans are underway to incorporate this link into the Internet version for wider distribution, as well.

We envision being a clearing house

for these "e-ideas," researching the validity of proposals and suggestions where feasible, or simply pondering specific questions.

We will be looking for ways to implement those found valid both quickly and in such a way as to broaden their potential benefits to the region, and possibly DoD-wide.

While we actively solicit interest and thought provocation from all government employees at all levels within the organization, chains of command must, as always, be followed. Questions and ideas/suggestions should be routed through supervisors and/or Commanding Officers initially for forwarding on to the RL for official consideration.

We are all in this together. Any one of us can potentially benefit both ourselves and countless others by passing on just one little idea or suggestion. Perhaps even by asking a simple question, a solution to a complex problem can be brainstormed.

The CNRSE contact person for the Reinvention Laboratory is Paul Jones, Management Analyst.

For information call (904) 542-5289 or DSN 942-5289.

Jones's email address is jonesp@cnrse.navy.mil.

Prioritizing retention: Career counselors acquire new skills

By Jeff Hilton
Staff Writer

It's no fluke that Commander, Naval Region Southeast (CNRSE) recently won the 2000 Golden Anchor award for excellence in career retention. The gold pennant displayed at Building 1 reflects a region-wide commitment to convincing Sailors to stay Navy.

Part of that success comes from having a well-trained staff of Command Career Counselors (CCCs), those walking, talking "Let me answer your career questions shipmate," experts assigned to every unit in the region.

Just a week after the Navy's personnel chief, Vice Adm. Norbert Ryan, talked with Sailors aboard NAS Jax about the relationship between retention and mission readiness, CNRSE hosted a professional conference designed to hone the skills of CCCs.

NCC(SW) Mark Wagner spent three

days sharing Professional Selling Skills (PSS) with almost a dozen CCCs. Individually and in teams, Wagner's students saw new ways of listening to their Sailors and responding to questions with replies that might increase the likelihood a Sailor will stay in.

Wagner attended a "Train the Trainer" version of the course offered by the Center for Career Development (CCD) at Naval Support Activity Millington, Tenn. last fall. Now Wagner works at NS Mayport's Waterfront Support Unit and shares his new expertise with counselors assigned to both CNSRE and fleet units. Lt. Pat Croley with CCD said, "Chief Wagner is doing a great job," of spreading his experience.

The CCD serves as the Fleet's advocate for issues that affect Sailors' success and influences their pursuit of fulfilling Navy careers. In addition to visiting the fleet to get feedback, and to increase awareness of changing opportunities, the CCD is very active in pro-

viding input to senior leadership regarding policies which impact the quality of a Navy Career.

NCCS (AW) Royce Mobley, CNRSE Career Counselor, guides 22 CCCs throughout the region and coordinated the conference. "We're the number one region in the Navy (for retention) and its no accident. We are very active in this regard," Mobley said.

NCC1(SW/AW) Richard Ball with

Patrol Squadron (VP) 45, was one of Wagner's students. Ball said he fields career questions from his shipmates, "anywhere... even in Wal-Mart... The key to being a good career counselor is being able to network to find the answers." This Navy "Answer Man" enjoyed the course. "It's well organized," said Ball who now has some new skills to sell his product, "the Navy, to compete with the outside world."

Workshop and retention conference focuses on retaining quality Sailors

To maintain retention program excellence, Commander Navy Region Southeast (CNRSE) Career Counselor NCCS(AW) Royce Mobley has arranged for Chief Wagner to hold his Professional Selling Skills class again April 2 - 4.

Also, CNRSE Command Master Chief Philip Mauffray will host a retention conference April 5-6 in Building 590. The conference begins at 7:30 a.m. For information call 542-3532/1541



Hey, MoneyMan!

My wife and I are going to have our first baby next month and I heard that there is a program on base where you can get free nurse services. Do you know anything about this?

MoneyMan Sez:

Congratulations on your new addition. I hope you are ready for all the excitement and changes in your life. I am not aware of any long-term "free nurse services" but the Navy-Marine Corps Relief Society offers a Visiting Nurse Program that you should check out. Jacksonville has two Registered Nurses who will visit you at home if you invite them. They provide post-partum care, post-surgical follow-up care, health education and a variety of other services. These services are free and you can contact Sandra or Arlette at 542-3515 or 3191.

Hey, MoneyMan!

I keep hearing all this talk about stock market crashes, people loosing their investment and the country being in a recession. Are we in trouble? Are we in a recession?

MoneyMan Sez:

Who knows? Ask 10 people and

you will get 10 answers - most likely better than mine. I am not a financial guru, but since you asked, I believe consumer and investor confidence is the problem. According to The Kiplinger Letter the biggest threat to the U.S. economy right now is pessimism. Many of our current "investors" have only seen good times and are not accustomed to market corrections. Expectations are inflated. While "up" markets are a lot more fun than "down" ones, both happen and an "aggressive" investment will produce higher highs and lower lows. If you don't like the roller coaster ride, spread around your investments and look for those which are less aggressive. Also, talk with the experts. As my Dad used to say, "don't ask the bartender how to build a bridge. Ask the bridge builder."

Hey, MoneyMan!

Our taxes are due soon. Do you have any good advice about how I can save some money? It seems I pay a lot in taxes every year, but I don't make that much money. What am I doing wrong?

MoneyMan Sez:

Our tax system is a mess! It has been changed incrementally over the years and now hardly anyone understands it. According to Forbes Magazine, 11 of the 12 members of the Senate Finance Committee and the House Ways and Means Committee - the people who write the tax laws - don't prepare their own taxes. However, for you free help is available. If you use the short form, if you don't know which form to use, or if you plan to use the long form, stop by the Volunteer Income Tax Assistance (VITA) office in Building 610 or give them a call at 542-2565, ext. 3003 or 3410. Not only can the help you file your return, they can provide some information on how to save money on your taxes in the future.

More questions? Call Hey Money-Man! at 778-0353.

Tridents' return from final pre-deployment underway

By Lt.j.g. Jack McKechnie
HS-3 PAO

Helicopter Antisubmarine Squadron (HS) 3 has returned this week from a month-long underway period aboard the USS Enterprise (CVN-65). The Enterprise Battle Group was thoroughly tested in Joint Task Force Exercise 01-2 (JTFEX) and was certified to deploy to the Mediterranean and Persian Gulf in April.

More than 25,000 personnel, including joint U.S. forces combined with allied naval forces and 51 ships participated in the maritime exercise. Included in the armada were the USS Enterprise Group, the USS Kearsage (LHD-3) Amphibious Readiness Group and ships from Destroyer Squadron 18. Canada, Germany, the Netherlands and Belgium each provided task groups forming the remainder of the force.

Choke point transit, freedom of navigation, maritime interdiction operations, enforcement of UN sanctions against smuggling of illegal arms were tested in the JTFEX scenario. The "Tridents" made important contributions by demonstrating with Seal Team Two their Helicopter Visit Board Search and Seizure and Combat Search and Rescue capabilities.

JTFEX centered on a scenario designed to simulate operations in countries like Bosnia or Iraq. Along the U. S. East Coast, countries were invented and constructive geography applied to create a realistic environment. The "Big E" Battle Group and Joint Forces clashed with two German Task Groups in mock conflict, and nearly 20 aircraft from various Air Force bases along the East Coast participated as hostile or allied aircraft.

The small, hard to detect German diesel submarines tested the Battle Group's defenses. In the first part of the exercise, a "Trident" helicopter was de-

ployed on the USS Thorn (DDG 988) to augment the surface force with dipping sonar capability. Throughout the exercise, "Trident" helicopters were on the alert to destroy the submarine threat. On several occasions, the helos successfully located, tracked and made simulated attacks on 'hostile' submarines.

While maintaining the antisubmarine alert posture, HS-3 also provided combat search and rescue support for Carrier Air Wing Eight's strike and defense operations. The "Tridents" were required to keep helicopters airborne for several periods of multi-day, 24-hour operation. While continuously keeping a helicopter aloft for almost a week, HS-3 also stationed two more helicopters and crews for a Combat Search and Rescue (CSAR) alert. A simulated rescue was successfully completed by this force during the staged confrontation.

Every Sailor had a stake in JTFEX. Each person taking responsibility for his/her mission or shift ensured the safety of all involved and contributed to the successful completion of this exercise and the certification of the Battle Group for deployment. A number of Tridents were recognized during the underway for superior performance:

AM3 Aaron S. Tate was awarded a good conduct medal and recognized as Junior "Trident" of the Month for his superb efforts repairing a multitude of aircraft discrepancies.

AW1 Troy Weatherly was designated Sailor of the Month for significant contributions training junior aircrewmembers.

AM3 James Gibson was named Plane Captain of the Quarter due to his dedication and shrewd observation that

has enabled HS-3 to maintain a 98 percent mission completion rate.

AE3 Scenery Beier was awarded HS-3's Sikorsky Maintenance Man of the Quarter for his outstanding effort in preparing aircraft for a successful inspection.

AW2 Gregory Baker received a Navy Achievement Medal for his extraordinary management skill and organizational accomplishments while assigned to the U.S. Navy Rescue Swimmer School.

AMC Robert Paffe was awarded a

Navy Commendation Medal for his exceptional performance managing maintenancemen and equipment while serving with Patrol Squadron (VP) 30.

Each mission and successful underway exercise owes its achievement to the effort of every Sailor and airman. The admirable effort put forth by all "Tridents" helps the Navy achieve its goals. Credit should be given to all those hardworking men and women who spent weeks at a time away from home and family.



HS-3 helicopters embark aboard the USS Enterprise (CVN-65).



HS-3 Commanding Officer Cmdr. George Chamberlain recognizes AM3 Aaron S. Tate, AW1 Troy Weatherly, AM3 James Gibson, AE3 Scenery Beier, AW2 Gregory Baker and AMC Robert Paffe for exceptional performance.



'Topcat in the Spotlight'

YN2 Quentin F. Martin

By Lt.j.g. Josh Keever
VS-31 PAO

This week's "Topcat in the Spotlight" is YN2 Quentin F. Martin. Martin was born in Jacksonville, Fla. His mother, Labrenda B. Parker currently resides in Jacksonville as a housewife and his father, Donald Murphy, resides in Waycross, Ga. and works as a mechanic. He has one older sister, Katura Jennings of Jacksonville.

Martin graduated from Andrew Jackson High School in 1995 where he was very involved in several school activities. He enjoyed playing on the school's basketball team and played second base for the "Tiger" baseball team. Martin was looking for educational opportunities following high school and wanted to spend some time traveling around the world. As a result, he made the important decision to sign up for the Navy before he graduated.

In August 1995, Martin went to boot camp in Great Lakes, Ill. Following boot camp, Martin went on to "A" school in Meridian, Miss. and trained for four months to be a future yeoman in the U.S. Navy. In January 1996, Martin received orders to Construction Battalion (CBU) 412 in Kingsbay, Ga. He was very happy to receive orders so close to his childhood home. In May 1999, he checked into Sea Control Squadron (VS) 31, NAS Jacksonville, and has played a vital role in the "Topcat" Administrative Department.

Martin enjoys the ever-changing tasks associated with being a yeoman and says the most challenging aspect of his job is the processing of Temporary Assigned Duty travel claims. In addition, he also handles the creation of numerous Navy-wide messages.

Since being in the fleet, Martin has never been stationed outside his hometown area and hopes to stay here at NAS when he rolls to shore duty. His future plans include continuing his education and he hopes to study business administration at Florida Community College at Jacksonville. He is active on the squadron basketball and flag football teams. He spends his free time bowling, fishing and taking trips to the beach. We congratulate Martin as this week's "Topcat in the Spotlight."

NAVY NEWS

REDUX Retirement Plan not only option for military

WASHINGTON, D.C. (NWS) — Military members who fall under the Military Retirement Reform Act of 1986 (popularly known as the REDUX retired pay system) are now under the more lucrative "high three" pay system.

However, they may elect to remain under REDUX and receive a bonus if they meet requirements established by the National Defense Authorization Act (NDAA) of FY00.

One of the highlights of the changes include service members being pulled out of the REDUX retired pay system (40 percent base pay for 20 years) and placed in the "High-3" retired pay system (50 percent base pay for 20 years).

The law also created a lump sum \$30,000 Career Status Bonus (CSB) for members who initially entered Aug. 1, 1986 or later who are willing to elect the REDUX retired pay system on their 15th anniversary of active duty and agree to remain on continuous active

duty until their 20th anniversary. Each requirement detailed in NAVADMIN 020/01 must be met to be eligible for the CSB/REDUX retired pay system.

Service members who don't meet all the eligibility requirements on their 15th anniversary of active duty will not have the opportunity to elect the CSB/REDUX, unless the member falls within exceptions issued by the Secretary of the Navy.

The SECNAV will soon issue a Career Status Bonus instruction for the Navy and Marine Corps that will detail exceptions. Active-duty members with a Date of Initial Entry into Military (Uniformed) Service (DIEMS) of Aug. 1, 1986 or later will be notified by a GENADMIN message on or shortly before the date they complete 14 years and six months of active duty to notify them that they may be eligible to make a CSB/REDUX election.

The notification message will include information on the member's DIEMS date and active duty start date, explain how members can find their DIEMS

date on documents in their permanent service record and make corrections to the Navy's master file or their permanent service record if needed. It will also include an explanation of the three different retired pay systems, the formula used to calculate retired pay under each system, and the rules governing election of CSB/REDUX.

See NavAdmin 020/01 on the BuPers web site at <http://www.bupers.navy.mil> for more information on the policies the Department of Defense has developed to implement and administer the Career Status Bonus (CSB) and related retired pay reforms enacted in the FY00 NDAA. For general information about military pay and benefits, go to <http://pay2000.dtic.mil>.

Navy offers Sailors opportunity to convert from VEAP to MGIB

MILLINGTON, Tenn. (NWS) — Enrollment in the Montgomery GI Bill (MGIB) is now possible for almost 30,000 Sailors and recent retirees who participated in the Veterans Educational Assistance Program (VEAP).

The Veterans Benefits and Health Care Improvement Act of 2000 authorizes, for certain VEAP participants, conversion to MGIB. Sailors on active duty who par-

ticipated in VEAP prior to Oct. 9, 1996 and served continuously from that date through April 1, 2000 can elect to enroll in MGIB at a cost of \$2,700.

A participant is defined as a member for whom a VEAP account exists, whether or not there is any money in the account. Personnel on active duty receive the cost of tuition and fees, not to exceed \$650 per month, under the MGIB. VEAP pays a total of \$8,100, or \$300 per month for 27 months. MGIB benefits for personnel who have completed their active duty are currently \$23,400, or \$650 per month for 36 months of full-time enrollment.

The Federal Education Programs Branch (PERS-604) at Navy Personnel Command (NPC) in Millington, Tenn., is mailing enrollment packages to members eligible for conversion.

Any Sailor desiring to convert and has an urgent need to affect conversion prior to receiving their package from NPC can contact PERS-604 for assistance. Sailors who are currently enrolled in classes may fall into the "urgent need" category. Members who are eligible to convert to MGIB have until Oct. 31, 2001 to elect or decline conversion.

See the Department of Veterans Affairs web site at <http://www.gibill.va.gov/education/new/sveapconversion.htm>.

Jax Tales

By Mike Jones - mikejones43@hotmail.com



'Dusty Dogs' pose threat in the Gulf

By Lt.j.g Dom Pastorin
HS-7 PAO

The "Dusty Dogs" of Helicopter Antisubmarine Squadron (HS) 7 currently embarked onboard the USS Harry S. Truman (CVN-75) as an integral part of Carrier Air Wing Three (CVW-3), have recently completed some major operations in the Persian Gulf.

The month of February began for the "Dustys" with another detachment to Camp Doha, Kuwait. This detachment, however, was not for any unit level training. The mission of the detachment was to participate in Maritime Interdiction Operations (MIO). The purpose of Maritime Interdiction Operations is to enforce the United Nations resolutions, which prohibit oil from leaving Iraq, unless it is part of the oil for food program. United Nation Security Council Resolutions 665 and 986 call on all nations with maritime powers to enforce the embargo on Iraq.

The "Dusty Dogs" worked with several U.S. and Kuwaiti naval platforms and Special Warfare assets to enforce these resolutions. Lt. James Yslas, HS-7's Aircraft Division Officer, was an active participant in the MIO surge. "Participating in the MIO surge was very exciting because we're not just training but are getting involved in a real-world operation," said Yslas. "Being on the 'tip of the spear' and executing U.N. resolutions was a great experience." By enforcing the U.N.



The HS-7 'Dusty Dog' Camp Doha, Kuwait detachment for the month of February.

Resolutions, the "Dusty Dog" detachment was instrumental in halting the smuggling of several tons of oil.

The end of February again saw the "Dusty Dogs" in action. This time the "Dustys" found themselves participating in a Combat Search and Rescue Exercise (CSAREX) with assistance from U.S. Air Force and Royal Air Force assets also stationed in the Middle East. The aim of the CSAREX was to practice a real life scenario of a pilot down behind enemy lines and being rescued by friendly forces. Lt. Dennis Vigeant,

HS-7's CSAR Officer, was one of the participants in the CSAREX. "The CSAREX was quite beneficial," Vigeant stated. "Participating in a Joint Exercise allowed us to demonstrate our capabilities as well as to learn how our joint brethren do business. Hopefully this will give the theatre commanders greater confidence in the Navy's ability to perform the CSAR mission." To learn more about the "Dusty Dogs," you can access their website at <http://www.navy.mil/homepages/hs7>.

U.S. Senators visit VP-16

By Lt. Dwayne Louis

VP-16 PAO

Patrol Squadron (VP) 16's Combat Air Crews 1 and 8 recently hosted a visit from several distinguished congressional visitors while on detachment to Manta, Ecuador. The list consisted of Senators John McCain of Arizona, Fred Thompson of Tennessee, Thad Cochran of Mississippi and Chuck Hagel of Nebraska.

Detachment Officer in Charge Lt. Cmdr. John Keeton and the Mission Commander for Combat Air Crew 8, Lt. Cmdr. Brian Grimm welcomed the distinguished visitors aboard a VP-16 P-3C Orion. The aircraft they toured was one of many P-3Cs that VP-16 flies while on deployment to the Caribbean with the Counter Drug Upgrade. These specially configured P-3C's carry out a wide variety of surveillance missions in support of the counter drug mission. VP-16 was maintaining two crews and one aircraft in Ecuador to participate in

Eastern Pacific patrols and U.N. support missions as well as search and rescue. After the distinguished visitors received a brief introduction from the crew and the missions flown out of Manta, each crewmember explained their individual duties that are required during these demanding flights.

The senators and their aids were interested in the effectiveness of the P-3C and posed many pointed questions to the crew concerning the age of the aircraft, mission sensors and the length of the missions that are flown. At the end of the tour the distinguished visitors posed for a group photo with the crews before they finished their tour of the Manta facilities.

After the visit, many of the crewmembers expressed their appreciation for the visit and they said they felt they were able to pass good information. "Being able to show the senators first hand what we do is a privilege," one crewmember said, "You can see what we do on paper, but seeing it in person brings the whole thing together."



Members of VP-16's Combat Air Crews 1 and 8 were proud to show senators Fred Thompson, Thad Cochran and Chuck Hagel their aircraft and discuss it's mission and capabilities.

Seabees celebrate 59th birthday with a ball

By JO2 (SCW) Eric Clay

Staff writer

Rear Adm. Michael R. Johnson, Commander, Naval Facilities Engineering Command, was the keynote speaker for this year's annual Seabee Ball. The Ball, held March 24 at the Ramona Pavilion Ballroom on Jacksonville's West Side, celebrated the 59th birthday of the United States Navy Seabees.

The festivities started with the parading of the colors by CBU 420's Color Guard. Commander, Navy Region Southeast Chaplain Capt. Charles D. Soto delivered the invocation and introduced Johnson.

Johnson's remarks detailed how the Navy recruits individuals, but maintains family. He said, "The Navy needs to take care of the families that we leave behind when we deploy and that the CNO is working on a better quality of life for the family."

Johnson explained that a family doesn't necessarily mean a husband and wife, that the meaning of family to him also means friends and coworkers. Reflecting on the Seabee family as a whole he recalled the old adage, "Once a Seabee always a Seabee."

He said, "the Seabees are part of a tribe and there is nothing wrong with being part of a tribe." He recalled once going to a Seabee Ball and seeing a table of 12 widows of former Seabees that still attended in remembrance of their late husbands. He said "No matter what, everyone will always be a member and that includes families."

He also talked about honor, courage and commitment and explained how he

felt about quality of service and life. "We have the best planes and ships in the world, but we need the best work spaces to support them," the admiral said. "We are one team, one unit and we are one Navy," said Johnson.

Johnson also presented awards to the Seabees of the Year from each command. Honored as Seabees of the Year were CBU 410's EA1 (SCW) Seigfried Pitpitan, CBU 412's EA1 (SCW) Antoine Stephans, CBU 420's UT2 (SCW) Keith Lefebvre and NMCB 14's Seabee of the Year is CM1 (SCW) Orval W. Cook.

Awards and the cutting of the Seabee birthday cake acknowledged the oldest and youngest Seabees in attendance. The oldest Seabee was EO1 Roger Richards and the youngest Seabee was CECN David Batchelor.



Navy Band Southeast performs at the ball.



Rear Adm. Jan Gaudio, commander, Navy Region Southeast (left) and Rear Adm. Michael R. Johnson, commander, Naval Facilities Engineering Command (right), with area Seabees of the Year CM1 (SCW) Orval W. Cook, UT2 (SCW) Keith Lefebvre, EA1 (SCW) Seigfried Pitpitan, EA1 (SCW) Antoine Stephans.

'Diamondcutter' gives Eagle Scout close-up tour of naval aviation

By Jeff Hilton
Staff Writer

Before he was a naval aviator, Lt. Travis Wilcox was an Eagle Scout, something he has in common with high school senior John Stockton.

Wilcox, who flies with the "Diamondcutters" of Sea Control (VS) 30 at NAS Jax, was a natural choice when scouting officials asked if Stockton, who would like to be a Navy pilot, could receive a tour of naval aviation.

Stockton, from Redington Beach, Fla. was in Jacksonville recently to visit

the University of North Florida (UNF) where he would like to continue his education.

After his campus visit, he toured aviation facilities with Wilcox.

While the Eagle Scout isn't certain what his major will be just yet, he is leaning toward electrical engineering. However, he is certain he wants to join the Naval Reserve Officer Training Corps (NROTC) as a path to flying Navy jets. While attending UNF he plans to join the NROTC unit at Jacksonville University.

What interested Stockton in the

Navy? "I just like the way they structure it," he said. There are Navy roots in his family. His grandfather, Bernard Cate, is a veteran of the Submarine Service from WWII and the Korean War.

Stockton's naval aviation tour with Wilcox included: two simulated parachute drops using a virtual trainer; watching aviators train in the Dilbert Dunker, a helicopter water-landing escape simulator; flying an S-3B Viking in a training simulator, a visit to the "Diamondcutter's" flight line where an S-3 crew was preparing for a training mission followed by a tour of a T-34

aircraft operated by Sea Control Weapons School, Atlantic.

"I liked it, it answered a lot of questions I had about pilot training," said Stockton of his tour as a guest of a fellow Eagle Scout.

Wilcox has a lengthy history with scouting. He was awarded his Eagle in 1988. The Durango, Colo. native is the youngest of four brothers, all of whom attained Eagle rank.

Wilcox said Stockton, "was very curious about the (naval aviation) pipeline (training) process and how you get selected for jets."

VP-30 Champs of the March Madness Intramural Basketball Playoffs



VP-30's Carl Wright snatches a rebound away from AIMD's Andres Jarrett.



By Bill Bonser, NAS Gym

The intramural basketball season began in November 2000 with 10 teams.

After the holiday break, four teams joined the league. At the end of February, the regular season concluded with AIMD and VP-30 posting 19-2 records.

A tiebreaker had to be used to determine the league champion. The first tie breaker is the winner of head to head competition and both teams had beaten each other during the season.

A second tie breaker had to be used which adds the scores of the head to head competition between the two teams. After adding the scores of the two games they played against each other, VP-30 had 123 points and AIMD had 109, therefore, VP-30 was declared the League Champion.

The Intramural Basketball March Madness playoffs tipped off with 12 teams. VP-30 and AIMD received the number one and two seeds as well as a bye in the first round.

The playoffs went as expected with VP-30 and AIMD meeting in the winner's bracket final. VP-30 had very little trouble with AIMD as they disposed of AIMD 73-52 to advance to the championship. AIMD still had a shot at the championship, but they had to play VS-30 in the loser's bracket final. AIMD defeated VS-30 67-60 to get a second chance at VP-30 for the championship.

The championship began with introductions of the line-ups for both teams. VP-30 was in the driver's seat because AIMD had to beat them twice to win the championship and they were well rested because unlike AIMD they got a

full day's rest between games. VP-30 also had some more incentive as their Skipper, Capt. Andy Andersen, was on hand to root for his team.

VP-30 stormed out to a 40-27 half time lead behind Carl Wright's 14 points. VP-30 displayed quickness on offense and tenacious defense. VP-30 also controlled the boards on both ends of the court. One of the bright spots for AIMD was Johnny Morrison who had 14 points at the half.

AIMD turned it up a notch at the beginning of the second half and went on a 9-0 run to cut into the 13-point half time deficit and trail by only 4 points.

VP-30 called timeout at the 12:35 mark to regroup. Kevin McGee hit a three pointer for VP-30 after the timeout to end their second half scoring drought and they went inside to Chris Nickels for two easy buckets.

AIMD fought hard and continued to frustrate VP-30 and with 9:45 remaining AIMD's Terrance Pullin hit a three pointer to tie the score at 47.

The teams exchanged baskets, but VP-30's Wright hit a three to put VP-30 up by one 52-51 with 7:48 left. Pullin came through again for AIMD when he hit another three pointer to give AIMD a 54-52 lead for the first time in the game.

AIMD's lead quickly vanished as VP-30 went on a 9-2 run to take a 61-56 lead at the four-minute mark. AIMD showed signs of fatigue and could not recover as VP-30 had plenty of gas left in their tank to win the Intramural Basketball Championship 69-60. Carl Wright led VP-30 with 21 points and AIMD's Morrison led all scorers with 22 points.

AIMD's Johnny Morrison (left) sends one up past VP-30's Jevon Echols's attempted block.



The players struggle to take control of the game.



VP-30's Chris Nickels makes a easy basket over defender.



Possession is the key to success!



VP-30 prevails as League and Playoff Champions!

Photos by JO3 Jackey Bratt
and Bill Bonser

Education Fair set for April 17

The Navy College Office is sponsoring an Education Fair April 17 from 10 a.m. to 2 p.m. at the Officer's Club. Refreshments will also be served. This is your opportunity to meet representatives from the 16 Rating Partner schools to personally explain how close you are to completing your associates or bachelors degree. These colleges and universities are offering the new two and four year degrees that are rate specific. These programs are also open to Navy family members, retirees, and civilians who might be interested in furthering their education.

The Service Members Opportunity

College Navy (SOCNAV) has standardized credit transfer policies with the Partner Schools. This means that credit hours will transfer easier from school to school within the SOCNAV and participating Partner Schools. The program has created rating "roadmaps" that show what the average Sailor, depending on his/her rate and rank, has earned in college credits with their Navy training. With the roadmaps you can "shop" these approved institutions to see what is needed to complete your degree. CNET staff worked for two years developing these valuable partnerships for your benefit.

COMMUNITY CALENDAR

Upcoming Florida Theatre Performing Arts Center concerts include Art After Dark (The Metropolitans) April 6, Kenny Wayne Shepherd with Double Trouble April 12, The Moody Blues April 17, Avalon Contemporary Christian Rock April 19 and Bruce Hornsby April 27. For information call the Box Office at 355-2787.

Go fly a kite! - Children and adults are invited to join the City of Jacksonville Department of Parks, Recreation & Entertainment at the 76th Annual Kite Festival March 31. This year's festival will held at Paxon Middle School, 3276 West 5th St., Jacksonville, beginning at 11 a.m. The Festival contest categories are for hand-made, and store-bought or handmade kites. Ribbons will be awarded in both adult and youth divisions for best decorated, best box kite, most unique, largest and smallest kites, and an altitude contest, steadiest bow kite, strongest puller and the unlimited strongest puller. Also featured is a "drag race" contest, where teams compete to build and launch their own kite. For information call 630-4100.

Navy Wives Club of America NWCA Jax #86 invites all to "Customer Appreciation Day" March 31, 9 a.m. to 1 p.m. The Not New Shop is also open Tuesday and Thursday from 9 a.m. to 1 p.m. and every other Saturday. The club meetings are at 7:30 p.m. the first Wednesday of every month. The shop is located aboard NAS Jacksonville, Bldg. 612, Jason Street. During the "Big Sale," hot-dogs, potato chips, drinks etc. will be available. For more information call Membership Pearl Aran at 772-0242 or President Barbara Howard at 471-1444.

The Jacksonville Zoo invites you to its "Wild Florida" grand opening celebration set for March 31 through April 1. Your journey through "Wild Florida," a \$1.6 million development, will include a walkway through 2.5 acres of natural wetlands consisting of native animals and plants. You will encounter black bears, otters, red wolves, bald eagles, bobcats, alligators, Florida panthers, various reptiles, white-tail deer and two wetland owl species. There is also a state of the art reptile house.

The Childbirth Education Association is celebrating the 10th anniversary of its annual Beautiful Babies Contest. The contest, which is CEA's primary fundraiser, offers nearly \$10,000 in prizes and awards. It features entrants from four different ages and categories from throughout Northeast Florida. Twenty-five winners will be chosen with one grand prizewinner being chosen at random from the 25 to receive a \$5,000 U.S. Savings Bond. There is also a separate Funny Face category for additional prizes. CEA, a

United Way nonprofit agency, provides pre and postnatal education to families throughout Northeast Florida. Entry forms for the contest are available at Walgreens, Jiffy Lube, memorial Hospital Jacksonville, Duval County Public Libraries and the CEA offices. For more information call the contest hotline at 367-9341 or visit www.gojacksonville.com.

Clay County's 13th annual Concert on the Green is seeking participants for its Young Artist Competition. Clay County Students have the opportunity to compete in music and art for almost \$5,000 in scholarships, grants and prizes. The competition is a prelude to Concert on the Green, one of Clay County's most prominent cultural events, May 27, at Magnolia Point Golf and Country Club. The competition is open to instrumentalists and vocalists, and includes a poster contest.

First prize in the music categories is a \$1,500 scholarship and the opportunity to perform with the Jacksonville Symphony during Concert on the Green. The visual artist first prize is a \$500 scholarship and the opportunity to have their work reproduced by Empire Communications Group, Inc. as advertising for the event. The deadline to sign up is April 6. For information call 269-1046.

A Table Tennis Tournament is being hosted by The City of Jacksonville Department of Parks, Recreation and Entertainment on Saturday, April 7, 9 a.m., at its 851 N. Market Street facility. The entry fee is \$2 per person per event. Entry forms and registration fee must be submitted by 4 p.m. on April 6.

Various players categories range from children 13 and under through Men's and Women's and Seniors categories. Trophies will be awarded.

Contact Alan Tawes at 630-3578 for information.

MWR NOTES

Who says there is nothing free?

- Free canoe and kayak rentals for active duty on Thursdays.
- Free bowling for active duty on Tuesdays from 11 a.m. to 1 p.m.
- Free movies every Friday at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m.
- Liberty Cove Recreation Center-free, open to active duty and guests 18 and over.

Free Movies

Movies are shown in the Base Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. All movies are free and open to all. Bring your own snacks.

April 6 at 7 p.m. - *Any Given Sunday*
Al Pacino and Dennis Quaid (R)

April 7 at 5 p.m. - *Toy Story 2*
Voices of Tom Hanks and Tim Allen (G)
April 7 at 7 p.m. - *Space Cowboys*
Clint Eastwood and Tommy Lee Jones (PG-13)

April 13 at 7 p.m. - *Charlie's Angels*
Drew Barrymore and Cameron Diaz (PG-13)

April 20 at 7 p.m. - *Scary Movie*
Shannon Elizabeth and Cheri Oteri (R)

April 21 at 5 p.m. - *Meet The Parents*
Ben Stiller and Robert De Niro (PG-13)

April 21 at 7 p.m. - *Final Destination*
Devon Sawa and Ali Larter (R)

April 27 at 7 p.m. - *Exorcist 2000*
Ellen Burstyn & Linda Blair (R)

Mulberry Cove Marina

Learn to Sail - Obtain your Basic Sailing/Skipper B Certification at Mulberry Cove Marina.

Basic Sailing Centerboard - \$65/person includes textbook, materials, use of sailboats, required training, equipment, instructor and certification fees.

Sessions are:

May 15 - June 12: Tuesdays and Thursdays from 4 to 7: 30 p.m.

July 10 - Aug. 7: Tuesdays and Thursdays from 4 to 7: 30 p.m.

Sept. 11 - Oct. 9: Tuesdays and Thursdays from 4 to 7: 30 p.m.

March 31 - April 15: Saturdays 9 a.m. to 3 p.m. and Sundays 1 to 4 p.m.

Aug. 4 - 19: Saturdays 9 a.m. to 3 p.m. and Sundays 1 to 4 p.m.

Sept. 22 - Oct. 7: Saturdays 9 a.m. to

3 p.m. and Sundays 1 to 4 p.m.

Basic Sailing Keelboat - \$45/person includes, includes textbook, materials, use of sailboats, required training, equipment, instructor and certification fees.

Sessions are:

May 4 - 6, Friday from 6 to 7: 30 p.m., Saturday and Sunday from 8 a.m. to 4 p.m.

Sept. 21-23, Friday from 6 to 7:30 p.m., Saturday and Sunday from 8 a.m. to 4 p.m.

Nov. 9-11, Friday from 6 to 7:30 p.m., Saturday and Sunday from 8 a.m. to 4 p.m.

NAS Lanes

Easter Bowling - Enjoy 99 cents/game on Easter Sunday, April 15 from 1 to 5 p.m. at NAS Lanes (shoes not included). Call 542-3493.

Officer's Club

All Hands Easter Brunch - Sunday, April 15 at the Rivercove Officers' Club from 11 a.m. to 2 p.m. The cost is \$12.95/person \$6.50/children 4-12 and free for 3 and under. Reservations are required! Easter Egg Hunt at 12:30pm and the Easter Bunny will be making several appearances. For reservations call 542-3041.

All Hands Mother's Day Brunch - May 15 at the Rivercove Officers' Club from 11 a.m. to 2 p.m. The cost is \$12.95/person \$6.50/children 4-12 and free for 3 and under. Reservations are required! Call 542-3041.

The 23rd Annual Navy Run - will be held on Saturday, April 7 at 8 a.m. The event is free for active duty prior to April 7, \$15 for all others and \$20 for anyone who signs up at the race! Pick-Up registration forms at the Base Gym or Fitness Source. This event is open to the public! Call 542-3518.

Outdoor Recreation

Do you love the outdoors, or want to experience something new? Are you interested in spending a day canoeing down the pristine and crystal clear, Santa Fe River, or exploring the beauty of local Julington Creek filled with ancient swamps, huge cypress trees and abundant wildlife? Do you wonder what hiking in the Osceola National

Forest is like? Then come to Information, Tickets and Travel (ITT) and find out about our outdoor trips. We have outdoor recreation trips planned for you throughout the month of April. Stop by or call ITT for information! Come experience the outdoors with us!

ITT Office Hours

Monday - Friday, 9 a.m. to 5 p.m.

Saturday - 9 a.m. to 2 p.m.

Phone Number - 542-3318

Santa Fe River Canoe Trip - April 21

- Open to active duty personnel 18 and over and guests. Meet at 8 a.m. at Mulberry Cove Marina. Arrival back at NAS Jax is around 6 p.m. Participants will be canoeing down a 5 1/2 mile stretch of the picturesque Santa Fe River, beginning at US 27 bridge in High Springs, Fla. and finishing in Ginnie Springs. It is about three hours of paddle time to Ginnie Springs. Once in Ginnie Springs, participants will be able to play and hang out in the crystal clear springs. As you float lazily downstream, you will experience river banks choked with pines, cypress, oaks, and other hardwoods. An abundance of wildlife can be sighted year round, including several species of turtles, birds and fish. In addition, on special occasions, beaver, otter, deer, wild boar, and of course, our old friend, the alligator. The river is filled with many springs. With a year-round temperature of 72 degrees Fahrenheit, these springs are ideal for canoeing, kayaking, diving, snorkeling and swimming." No canoeing experience needed, all levels are welcome. You'll need a bathing suit, suntan lotion, towel, bag lunch, and your appetite for a unique adventure, and please no alcohol. The cost is \$18.50, which includes canoe rental, snack, and admission to Ginnie Springs.

Julington Creek Canoe Trip - April 8 - The event is open to active duty personnel 18 and over and guests. Journey into Jacksonville's outback. Enjoy the scenic outdoor setting of Julington Creek in the heart of Mandarin only minutes away from NAS Jax. Please contact ITT for more information 542-3318.

Specials going on this month

Universal Orlando salutes the Armed Forces with their Military Recognition 2-Day Special. The ticket is valid April 7 - May 20, 2001. City Walk admission is included with the 2 day special, the price is \$65.55 adult. Don't miss the USMC Band performing at City Walk

on April 9.

Tomcat football is back

The Tomcats are on the prowl for another season of action packed arena football at the Jacksonville Memorial Coliseum. Tickets are only \$6.50 per seat. Here's a preview of their home game gridiron schedule:

April 6 - Florida Firecats, 7:30 p.m.

May 4 - Pensacola Barracudas, 7 p.m.

May 12 - Iowa Barnstormers, 7:30 p.m.

May 25 - Charleston Swampfox, 7:30 p.m.

The TomCat Football Shuttle is available for every home game. The cost is only \$5 per person. Sign up at the ITT Office.

Hey, batter, batter

Swing into ITT to pick up your Jacksonville Suns tickets. The Suns have their home opener on April 5 against Mobile.

New Ticket for ITT

If Walt Disney World is your next vacation destination, then check out the new ticket ITT has for you. It's the 5 Day Hopper Plus ticket, adult/ \$226.75, children/ \$180.85. The Plus ticket gives you the flexibility of hopping between the four major Disney World parks and any two of the following options (one admission per choice);

Options:

Blizzard Beach Water Park

Typhoon Lagoon Water Park

River Country Water Park

Pleasure Island at Downtown Disney

Wide World of Sports Complex

Holy Land Experience

Start your pilgrimage at the ITT Office for the new Holy Land Experience. Tickets on sale for only \$13/ adult.

Liberty Events

The Liberty Program targets the E1-E5's that live on base. Liberty also runs Liberty Cove Recreation Center that can be found on the corner of Jason Street and Yorktown Avenue. Liberty Cove houses 18 free Internet-access computers, three 8' pool tables, ping-pong, darts, air hockey, Nintendo 64's, Sony Playstations, Dreamcast, a large movie viewing area and you pick the movies. Liberty offers a variety of tournaments and trips. Stop by to pay for any trip or to give us ideas.

For more information call Jaimie at 542-3491 or e-mail dbuddock@nas-jax.navy.mil.

Jabbing, kicking, cycling and stepping for better health

By JO3 Jackey Bratt

Do you want the strength of undefeated boxer Laila Ali or the body of heavyweight champion Lennox Lewis? You don't have to step into the ring to get a great workout. Kickboxing classes are becoming the norm in many health clubs and fitness centers across the nation. The NAS Fitness Source is no stranger to new and exciting classes designed to strengthen and motivate your body to work far beyond it's mental capacity.

The Cardio-Kickboxing class that meets at the NAS Fitness Source on Tuesdays at 4:15 p.m., Wednesdays at 11:15 a.m., and Thursdays at 5 p.m. is designed to build stamina and endurance to help one with such events as the Navy-wide Physical Readiness Test (PRT).

Participants are learning what boxing enthusiasts have known for years- that boxers are some of the most highly conditioned athletes competing in sports today and that if you follow some simple procedures, you too can build stamina, tone your muscles, and burn calories.

Sailors at NAS should take advantage of the fitness classes offered aboard this base. From cycling classes to abdominal shaping and toning classes, the meeting times of these classes are designed to fit around an average workday.

The below classes are offered at the Fitness Source:

Getting Started/Toning Class: A workout designed to help beginners get started in an aerobic program consisting of a low impact workout. Fully instructed with special emphasis on safety and body alignment, this program is great for toning the thighs, buttocks, and abdominal area.

Just Step: A step class that is easy to follow with basic moves and combinations. This class starts out with a warm-up and ends in a full cool-down stretch. This class is designed for beginners and intermediate fitness enthusiasts.

Ultimate Cardio-step: A combination of step and hi/low aerobics, the bench portion of this program provides a great overall lower body workout and the aerobics portion provides high-energy, cardio fun!

Ab-Attack: This class is excellent to strengthen and tone the mid-section of the stomach. It is designed for beginners and works even the most advanced athletes.

Cycle Reebok: A revolutionary new workout for all fitness levels, consisting of 30 to 40 minutes of the

most effective cardio-fitness you can experience.

Cardio-Kickboxing: This class combines the best cardiovascular workout with total body toning and conditioning to give you the most fun interval workout you've ever experienced. It is a non-contact workout incorporating sport-specific techniques such as punch combinations, kicks, punch kick combinations, and calisthenics to help shape and tone muscles.

The Fitness Source strives to offer relaxing and fun environment to allow maximum work-out ability to each patron. Along with the classes, free weights, treadmills, bikes, stair climbers and a Nautilus system are available.

Ultimate Cardio-Step class instructor, Barbara Millhollan has her participants feeling the burn as they step to a healthier lifestyle.



NAS JAX SPORTING NEWS

Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball and softball leagues. Experience is not required. If you are interested in officiating or scorekeeping, contact Al Vanderkar at 282-0809.

Women's basketball league forming

The NAS Jax Athletics would like to form a women's basketball league to begin in March. If you are a female active duty, military family member over 18, or DoD civilian then you are eligible to participate. Teams and individual players are needed. Call the NAS Jax Gymnasium for more information.

Women's varsity softball coach needed

The NAS Jax Athletic Department is looking for experienced individuals who would be interested in coaching the women's varsity softball team. The varsity team represents NAS Jax in community and regional level tournaments. Military and civilian personnel are eligible to coach the varsity teams. Interested personnel should contact Bill Bonser.

Women's softball players wanted

The NAS Jax Athletic Department is looking for experienced women's softball players to represent NAS Jax in the local community and in regional military tournaments. Active duty, family member over 18, retirees, and civilian employees assigned to NAS Jax are eligible for the women's team. If you are interested in being a member of the NAS Jax varsity sports program, contact the NAS Jax Athletics Department.

Ultimate frisbee league forming

The NAS Jax Athletic Department is forming a new Ultimate Frisbee league. The league is open to NAS Jax active

duty only. Personnel interested in joining the league should contact the gym.

Softball leagues forming

The Intramural League is open to all NAS Jax active duty personnel and is a Captain's Cup event. Games are played on Mondays and Wednesdays, or Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m. The Greybeard League is open to all NAS Jax active duty personnel 33 years of age and older and is a Captain's Cup event. Games are played on Tuesdays and Thursdays at 11:30 a.m.

The Women's League is open to active duty, family member over 18, retirees, DOD and NAF civilian employees. The Open League is open to active duty, dependents over 18, retirees, DOD and NAF civilian employees. Games are played Tuesdays and Thursdays at 4:15 p.m. If you are eligible for any of the leagues and would like to join, call the gym for more information.

Intramural volleyball league forming

The Intramural Volleyball League is open to all NAS Jax active duty personnel and is a Captain's Cup event. The season is scheduled to begin April 2. Games will be played Mondays, Wednesdays, and Fridays at 11:15 a.m. and noon. Stop by the gym to sign up for the league.

Intramural skeet league forming

The Intramural Skeet League is open to all NAS Jax active duty personnel and is a Captain's Cup event. The rosters are due March 30 and the season is scheduled to begin April 9. All interested personnel should stop by the gym to get the required paperwork to join the league.

For more information call the gym at 542-2930/3239.
www.nasjax.navy.mil/mwr.

Standings

Intramural Soccer League

Team	Wins	Losses
VP-30		
Students	4	0
HS-15	4	0
NavHosp	3	1
VP-30 Os	2	2
VP-45	1	2
VS-30	1	3
Air Ops/		
AIMD	0	4

Greybeard Softball League

Team	Wins	Losses
AIMD	1	0
NAMTra	1	0
VP-30	0	0
2BN351	0	0
CPRW-11	0	0
CHSWL	0	1
VP-45	0	1

Intramural Softball League

Team	Wins	Losses
AIMD	3	0
NCTS	2	0
HS-75	3	1
NAVAIRES	3	1
VP-30	2	1
VP-45	2	2
FASO/		
CPRW-11	2	2
HS-15	1	1
VS-31	2	3
HS-5	2	3
VP-30		
Students	1	2
Weapons	1	3
VS-30	0	2
VR-58	0	0

Open Softball League

Team	Wins	Losses
Beef		
O' Brady's	3	0
NLMOF	0	3
VP-30 FRS	0	3
Geico Chiefs	2	1
Backwater	2	1
The Bombers	2	1

Golfers wanted to represent NAS Jax

Think your golf game is up to snuff and you can challenge the big boys? Well here is your chance as the largest, best (we think so) and longest running Active Duty Military Golf Tournament returns to NAS Jacksonville May 7-10.

NAS Jax will play host to 150 of the best golfers the Armed Services has to offer at this fierce four-day, 72 hole Southeast Military Invitational (SEMI) Golf Tournament.

If you have an established handicap of 10 or better you can sign up to compete in the qualifiers that will be held in April.

All interested Active Duty stationed at NAS Jax as a tenant or staff may sign up at the Pro-Shop. Those signing up will compete for eight spots, four of which will be the NAS Jacksonville of-

ficial team. If you do not make the team or become an alternate and you have a handicap of six or less you can enter on your own as an individual.

The tournament will require personnel to have an approved request chit as all chosen will be out of work for four days.

The tournament averages 40 four-man teams and 30 to 40 individuals. If you can't meet the above criteria, we encourage you to come out as a spectator to watch this amazing play on one of the finest golf courses the Navy has to offer.

The Pro-Shop is also seeking volunteers, so if you're interested stop by! For more information call NAS Jax Golf Club at (904) 542-3249 or e-mail dmccool@nasjax.navy.mil.

TRICARE briefing scheduled

Naval Hospital Jacksonville and Branch Medical Clinic Mayport will have a health care briefing at NAS Jacksonville and Naval Station Mayport, April 2, on the new benefits for military retirees that will take effect April 1 and Oct. 1.

A new retail and mail order pharmacy benefit goes into effect on April 1 and TRICARE for Life is planned to begin on Oct. 1. These new benefits will be available to military retirees, authorized family members and widows over the age of 65.

The briefing at NAS Jacksonville will be held at the base auditorium,

Building 612, Jason Street, at 2 p.m.

The briefing at Naval Station Mayport will be held at the Ocean Breeze Conference Center, 243 Baltimore Street, at 7 p.m.

For more information, please contact the Health Benefits Office at NAS Jacksonville, 542-9164 or at Naval Station Mayport, 270-5763.

